

NEW! Electronic Periodic Health Assessment (PHA) Process

To complete your PHA, you need to perform the following **steps**:

Step 1. Complete the PHA survey (<https://data.nmcphc.med.navy.mil/PHA/index.aspx>).

- Have your **DoD 10-digit ID number** and your **5 digit Unit Identification Code (UIC)** on hand.
- Select – Register New User (Complete Registration)
- Select- Proceed to PHA-Start New Assessment
- Once completed, a customized education form is generated. You can save, print, or email this document for your personal use.

Step 2. Print your Individual Medical Record (IMR) Report.

- You will need a CAC card reader in order to access your IMR Report.
- **Navy: BUPERS Online** (<https://www.bol.navy.mil/>)
- **Marine: Marine Online** (<https://sso.tfs.usmc.mil/sso/DoDConsent.do>)
- **Air Force: ASIMS** (<https://ft.asims.afms.mil/>) (**Airforce –must bring ASIMS print out**)
- **Army: MEDPROS** (<https://medpros.mods.army.mil/MEDPROSNew/>) (**Army- must bring MEDPROS printout**)
 - Utilize your **IMR report** to determine “Due” items.
 - “Due” items (Dental, Lab, etc.) must be completed prior to your PHA being signed off.

Step 3. **If**** you are due for a Post Deployment Health Assessment or Post Deployment Health Reassessment complete the following survey:** (<https://data.nmcphc.med.navy.mil/EDHA/>)

- If you do not remember your password, click the “Forgot Your Password” link and reset your password.
- To complete assessment:
 - Log in with “Login ID” (SSN) and Password.
 - Select the “Create a New Deployment Health Assessment” link.
 - Select “Are you returning from being deployed?” arrow.
 - Select “Boots on the Ground for a least 30 days” button.
 - Submit Date of Departure (+/- 30 days) from Theatre. Select “Next” arrow.
 - Select “Post DHA” from top row.
 - Put in passphrase: **Activenavy1#**.
 - Complete the assessment.
 - Click “save” before leaving each page!
 - Use the drop-down Calendar to select dates.
 - Log out.

Step 4. Notify your Provider. After all steps are complete, send an email to USN.NOLAEPHA@MAIL.MIL stating that your PHA survey has been submitted, “Due” items are completed, and record is ready for review.

- ***Important***: include EDIPI and two good contact number in the email.

After you notify the clinic that your electronic PHA is complete, you will receive a call from the readiness team within 5 business days to schedule a face to face appointment with the provider.

If you need assistance, please call your Primary Care Provider at: Medical Readiness 504-678-3665
Medical Home Port 504-678-7915